

SPECIALTY CLASSES

FALL 2019

BOOT CAMP

SESSION 1 REGISTER BY: SEPTEMBER 6
SESSION 2 REGISTER BY: OCTOBER 18 **\$25**

MON/WED SESSION 1: SEPTEMBER 9-OCTOBER 2
MON/WED SESSION 2: OCTOBER 21-NOVEMBER 13

6:30AM-7:30AM
6:30AM -7:30AM

Need a push? This high-intensity cardio and strength conditioning class includes athletic and military-style drills. Class will be offered outside, weather permitting.

TRY IT FREE ON 9/4 OR 10/16 AT 6:30AM!

PROTECT YOURSELF

REGISTER BY: SEPTEMBER 6 **\$25**

THU SEPTEMBER 12-OCTOBER 3 6:45PM-8:15PM

With drills, combinations, and teaching tactics rooted in Taekwondo, you'll be sure to get a great workout and gain skills useful for self-defense.

TRY IT FREE ON 9/5 AT 6:45PM!

TREAD & TRAIN

REGISTER BY: OCTOBER 18 **\$25**

TUE/THU OCTOBER 22-NOVEMBER 14 6:30AM-7:30AM

This class alternates between short bursts of treadmill intervals and functional training on the floor. Walkers, joggers, and runners all work on the same interval but at their own pace.

TRY IT FREE ON 10/17 AT 6:30AM!

WOMEN ON WEIGHTS

REGISTER BY: OCTOBER 18 **\$25**

TUE/THU OCTOBER 22-NOVEMBER 14 6:45PM-7:45PM

A four week introductory class designed to assist women in gaining knowledge and confidence with resistance training methods and techniques.

TRY IT FREE ON 10/17 AT 6:45PM!



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